



BUSH'S® BANANA BLUEBERRY BEAN SMOOTHIE

With BUSH'S® Cannellini Beans, Greek yogurt, vanilla almond milk and fruit, this smoothie is a delicious pick-me-up any time of day.

These recipes were created with our vegetarian and gluten-free friends in mind. However, we recommend reading each label to make sure every ingredient suits your dietary needs. Please also remember that product formulations can change, so if you ever have any questions, make sure to contact the product manufacturer!

RECIPE DETAILS

Prep Time: 10 minutes Cook Time: 0 minutes Total Time: 10 minutes Servings: 1

INGREDIENTS

- 1 can (15.5 oz) BUSH'S® Cannellini Beans, drained and rinsed
- 1 cup frozen blueberries
- 1 medium frozen banana
- 1/2 cup plain Greek yogurt
- 1 1/2 cups vanilla almond milk

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DIRECTIONS

1. Place ingredients in blender. Secure lid
2. Blend on high for 1 minute, stopping to stir mixture and scrape sides if needed, until mixture is smooth.
3. Divide among four glasses and serve immediately.

NUTRITION

Calories 720 %DV

**Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

The nutrition information shown is estimated based on the ingredients and directions listed in the recipe. Please note that it may vary if the recipe is prepared differently or if the ingredients are changed.

Banana Blueberry Bean Smoothie Recipe | BUSH'S® Beans

| | | %DV |
|-------------------|--------|------|
| Calories | 720 | |
| Calories from Fat | 45 | -% |
| Total Fat | 5g | 8% |
| Saturated Fat | 0g | 0% |
| Trans Fat | 0g | -% |
| Cholesterol | 5mg | 2% |
| Sodium | 1410mg | 59% |
| Carbohydrates | 134g | 45% |
| Dietary Fiber | 30g | 120% |
| Protein | 41g | -% |
| Sugars | 49g | -% |
| Vitamin A | - | 20% |
| Vitamin C | - | 20% |
| Calcium | - | 35% |
| Iron | - | 40% |

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